

Learning How to Shift from Self-Centered View to Seeing Just As Is

Select a subject or situation. View it from self-centeredness (ego) and from wisdom (seeing just as is).				
		Not-Knowing	Bearing Witness	Loving Action
Seeing from Ego (Self-centeredness)	Acting from Ego (Self-centeredness)	Shifting to Openness	Seeing from Just As Is (Wisdom)	Acting from Just As Is (Wisdom)
What is my story? Judgments? Emotions?	What is my agenda? Motives? Calculations?	Empty out. Not engaged in thinking.	Seeing without self- agenda. Facts.	Serving or offering. How is this different from Ego-centered action?

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